



# Carrie Newcomer Workshops & Retreats with Heart



## CUSTOM WORKSHOPS AVAILABLE

Carrie can customize a workshop to fit with a particular theme or educational goal.

### About Carrie...

"To my mind - a writer's mind - Carrie Newcomer is much more than a musician. She's a poet, storyteller, snake-charmer, good neighbor, friend and lover, minister of the wide-eyed gospel of hope and grace."

- Barbara Kingsolver

"Carrie Newcomer is the most insightful and lyrical singer-songwriter I know..."

- Parker J. Palmer

"I love Carrie Newcomer. She writes and sings about what is most personal to her and in doing so she speaks to the wider world."

Mary Chapin

## Song & Creative Writing, Spiritual Reflection, Personal Narrative, Finding Hope in Hard Times, Expanding Compassion/Holding Paradox

### Our Lives as Sacred Story: A Creative Exploration Of The Heart and Spirit of Our Experience

Carrie Newcomer invites participants to explore the depth and value of our own stories. When we frame our individual and community stories through a spiritual lens, it changes how we see ourselves and the world. This class explores paying attention and honoring our daily experiences. Carrie will use conversation, exploratory writing, music, group and individual experiences. This workshop has been developed to be very safe and encouraging. It welcomes all, including those who have previous experience in writing, songwriting or creative expression, as well as those who are interested in exploring new ways to tell their own personal and spiritual story.

### The Beautiful Not Yet - Hope, Hard Times, Faithfulness and Possibility

This mini retreat will be based upon Carrie's song "The Beautiful Not Yet" and focus on stories of hope and our ability to envision in a times of challenge for individuals and within community. It will explore the idea that the working of compassion, love, justice and spiritual awakening through the lens of faithfulness. Participants will consider the things that have helped us in hard times, and ponder if those things are still available to us, and if so how do we access them. Sometimes we see the fruit from the trees we plant. Sometimes we rest in knowledge that the seeds we plant are an act of hope and faith, regardless of the seeable results. In this retreat, Carrie will use music, poetry, reflective writing, small and large group discussion.

### Writing Mindfully: Exploring The Sacred Ordinary

Songwriters, poetry, and prose writers of all experience levels are welcome to explore writing as a spiritual practice in this workshop. It focuses on the paying attention to the details, honoring our daily experiences and moving our experiences to a creative expression. Carrie has presented this workshop in spiritual and secular settings throughout the United States in a safe, and nurturing context.

### Writing Mindfully: Exploring The Sacred Ordinary in Song

This workshop is similar to the Writing Mindfully workshop, but is limited to songwriters, focusing on authentic voice and effective song craft in the American folk and pop traditions. Carrie can work with students in a group setting or in individual sessions focusing on songwriting, performance, craft, and philosophy. Carrie will often co-write one-on-one with advanced students or create songs in group settings so that students can experience the songwriting process in a fun and encouraging context.

### All Together Now: A Community Songwriting Experience

In this workshop or classroom experience Carrie will lead a class or group through the steps of identifying a theme, developing language and music, and creating a song as a group. The entire process happens within one class session in a fast paced, fun and inclusive experience. It allows participants to consider a topical theme and move it into artistic expression, exploring a new kind of "knowing" and how topic can be embodied in powerful ways through music.

### The Art of Resistance and Welcome: Expanding Compassion, Holding Paradox

This mini retreat is an exploration how to resist an ideology of fear and division, while embracing a new story of empowerment, welcome and interdependence. In a time when many of us are feeling overwhelmed and disheartened Carrie affirms that what we need is here - within us and between us. Carrie will incorporate music, small and large group discussion and creative/reflective exercises to help frame what undermines our personal/community health and well-being, explore the practices to help us become more resilient, and what it means to center ourselves in daily, hopeful and life-giving action. This workshop will be conducted in a safe and respectful atmosphere.

